

HEALTHY NORTH CAROLINA 2020

MENTAL HEALTH

Mental health, an integral component of individual health, is important throughout the lifespan. Individuals with poor mental health may have difficulties with interpersonal relationships, productivity in school or the workplace, and their overall sense of well-being.¹²⁷ Depression is linked to lower productivity in the workplace, is a leading cause of suicide, and has been associated with increased use of health care services.¹⁷

2020 Objectives

OBJECTIVE 1: REDUCE THE SUICIDE RATE (PER 100,000 POPULATION)

(KEY PERFORMANCE INDICATOR)

Rationale for selection: In 2008, suicide was the fourth leading cause of injury death in North Carolina and was among the top five leading causes of injury death for North Carolinians aged 10 years and older.¹⁰⁸ Depression, which is the second leading cause of life lived with a disability in the state, is a leading cause of suicide.^{17,128}

CURRENT (2008) ⁿⁿ	2020 TARGET
12.4	8.3

OBJECTIVE 2: DECREASE THE AVERAGE NUMBER OF POOR MENTAL HEALTH DAYS AMONG ADULTS IN THE PAST 30 DAYS

Rationale for selection: The number of poor mental health days within the past 30 days is used as one measurement of a person's health-related quality of life. Poor mental health includes stress, depression, and other emotional problems and can prevent a person from successfully engaging in daily activities, such as self-care, school, work, and recreation.¹²⁷

CURRENT (2008) ¹²⁹	2020 TARGET
3.4	2.8

OBJECTIVE 3: REDUCE THE RATE OF MENTAL HEALTH-RELATED VISITS TO EMERGENCY DEPARTMENTS (PER 10,000 POPULATION)^{oo}

Rationale for selection: Although the emergency department setting may be appropriate in crisis situations, it is not the ideal setting in which to address mental health problems. However, the use of emergency departments for mental health care is growing.¹³⁰ Individuals with mental health needs are best treated with regular and comprehensive care, such as that offered through a coordinated system of care.

CURRENT (2008) ^{pp}	2020 TARGET
92.0	82.8

nn State Center for Health Statistics, North Carolina Department of Health and Human Services. Written (email) communication. July 9, 2010.

oo This objective refers to child and adult visits in which a mental health diagnosis was the primary diagnosis.

pp The North Carolina Disease Event Tracking and Epidemiologic Collection Tool (NC DETECT). Written (email) communication. December 23, 2010.